

# School of Human Kinetics Undergraduate Programs

## Honours Bachelor with Specialization in Human Kinetics (BHK)

Emphasis on social  
sciences



Management  
& Governance



Intervention,  
Promotion &  
Community  
Programming

## Honours Bachelor of Science with Specialization in Human Kinetics (BScHK)

Emphasis on biophysical  
sciences



Applied  
Studies in  
Kinesiology



Fundamental  
Studies in  
Movement  
Sciences

## Sport, Physical Activity, Leisure, and Health

### Program Highlights



#### SKILLS

Management, programming,  
Intervention and motivation skills.



#### SCOPE

Sport, leisure, recreation and physical  
activity throughout the lifespan  
for grassroots to elite athletes  
in non-profit, public and private  
Organizations.

### Program Highlights



#### SKILLS

Injury/disease prevention &  
management, performance &  
functional motor ability promotion



#### SCOPE

Exercise and daily living activities for  
all populations, all ages and all levels,  
in a variety of settings (fitness centres,  
hospitals, at home, etc.)

## Program Opportunities

### Internships

- With over 150 different organizations in the Nation's Capital Region

### Research

- With any of our 33 professors

### International Exchanges

- You can spend a semester in Australia, Norway, or France

### Bilingual Courses

- Take your courses in either English or French

## CAREER OPPORTUNITIES

*Sport &  
recreation  
manager*



*Health & well-  
being promoter*

*Coach or  
teacher*



*Researcher &  
graduate studies*

## CAREER OPPORTUNITIES

*Kinesiologist or  
personal trainer*



*Laboratory  
coordinator  
or assistant*

*Exercise  
physiologist*



*Researcher,  
graduate studies, &  
allied health and  
rehabilitation fields  
(medicine,  
physiotherapy, etc.)*



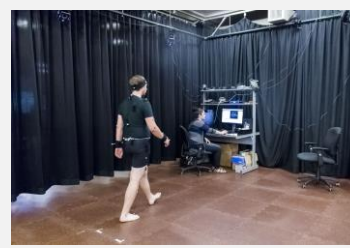
## Knowledge, Experience, Community



Study in the centre of  
the Canadian sport  
system

Study with world-leading experts.

Gain the skills and the network to be  
competitive in all your future endeavours.



Study in cutting-edge  
labs.

Gain the skills to challenge professional exams,  
such as the:

- College of Kinesiologists of Ontario (CKO) & Fédération des kinésiologues du Québec
- Certified Exercise Physiologists (CSEP-CEP)

School of Human Kinetics  
Montpetit Hall, room 240  
125 University Private  
Ottawa, Ontario, K1N 6N5, Canada  
Phone: 613-562-5800 ext. 4225  
Email: [hkesap@uottawa.ca](mailto:hkesap@uottawa.ca)

Want to learn more or  
get more details?  
Great! Click below:

<https://health.uottawa.ca/human-kinetics/>



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